

Topics of the Home and Household.

A little ball of sealing wax on the end of a knitting needle will keep the knitting from sliding off.

Lots of things are contagious besides smallpox—smiles, frowns, kind deeds, evil temper, fault-finding. What kind of contagion do you carry around?

If the thread on your tatting shuttle gives out, when you have almost completed a ring or other figure, do not refill and join, thus having a knot, but thread a common sewing needle with the short length and, using the needle as a shuttle, finish the figure.—Needlecraft.

War Time Economy Cakes.

Good cake is a very useful medium of nourishment. It supplies starch, fat, sugar, often protein when it contains nuts, therefore it should not be eliminated from the menu; but no longer may the cook display her skill by using many eggs, much butter and rich frostings and fillings. Instead she must show what toothsome dainties can be evolved from inexpensive ingredients. Here are some suggestions:

Family Fruit Cake—In this cake appears neither eggs, butter nor milk. It is good to look at, and undeniably good to eat. To make it sift together one coffee cup wheat flour and one of whole wheat flour, also a teaspoon of baking powder. Mix together a cup of cold water, a cup of brown sugar, half a cup butter substitute, half a cup seeded and chopped raisins, a pinch of salt, a quarter teaspoon each nutmeg and mace, half teaspoon cloves and a teaspoon of cinnamon, and boil for three minutes, counting from the time boiling begins. Cool and when lukewarm add the dry ingredients. Stir in a teaspoon of soda dissolved in three tablespoons of warm water, and a half cup of chopped nut meats. Stir hard for five minutes, then turn into a pan lined with paraffin paper and bake for one hour in a slow oven.

Spice Cookies—Sift together three-quarters of a cup of clarified drippings or butter substitute, two 2 molasses, a tablespoon each of ginger, cloves and cinnamon. Cook for three minutes, cool and when lukewarm stir in enough whole wheat flour to stiffen sufficiently to roll out. Last of all stir in a level tablespoon of baking soda dissolved in two tablespoons warm water. Roll out, cut and bake in a medium oven for 15 minutes.

Nut Rolls—These little half-bread, half-cake rolls are delicious hot or cold. For them scald half a cup of fresh milk, add half cup boiling water and when it is lukewarm add three-quarters of a yeast cake which has been crumbled and softened in three tablespoons warm water. Add half tablespoon each lard and butter, two tablespoons each molasses and brown sugar, a cup of chopped English walnuts, half cup white flour and enough whole wheat flour to make a dough that can be kneaded. Knead for five minutes, cover and let rise for an hour, then knead for two minutes, pull off the pieces the size of an egg, shape into oblong rolls, put in individual roll pans if you have them, and bake for an hour in a moderate oven, brushing the tops when nearly done with sweet milk.—In Woman's World for September.

Putting Down Eggs.

All signs point to eggs being costly next winter but to meet the situation the housewife can preserve eggs in various ways and thus "beat" the market, says today's bulletin from the National Emergency Food Garden commission of Washington. The commission will send its drying and canning manuals to any reader of this paper who sends a two-cent stamp to 210 Maryland building at Washington, D. C.

Use only strictly fresh, clean, unwashed and solid shelled eggs for putting down. Discard any egg which floats in the water glass solution prepared to the directions herewith. For home preservation eggs may be packed in salt, oats or bran. Cover them with paraffin, butter or lard or immerse in brine, lime

BELL-ANS
Absolutely Removes
Indigestion. One package
proves it. 25c at all druggists.

For Health's Sake

Protect your family against deadly summer disease germs, which lurk in sinks, garbage cans, toilet bowls, cellars and damp, foul smelling places. An ounce of

Acme Lime

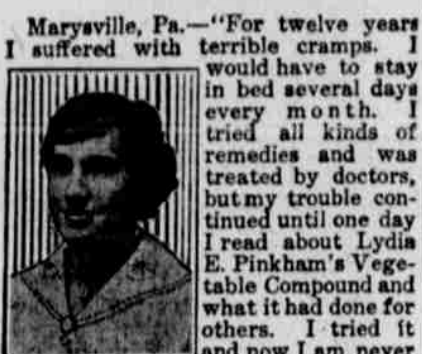
is worth a pound of medicine. One of the strongest, most economical and safest disinfectants known. Kills germs and destroys odors instantly. Endorsed by leading health authorities—national, state and city.

Get a large 12 oz. can from your grocer or druggist to-day at 15c. Refuse all substitutes which may be stale and worthless.

A. Mendelson's Sons
New York and Albany

THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering



Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."

—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women can read such letters.

water, water glass, etc. The methods commonly used are immersion in either lime water or water glass.

For preservation in lime water, slack three pounds of lump lime in a little water and add three gallons of pure water. Stir occasionally for a day, let settle and then pour off the clear liquid. Washed eggs will not keep.

Water glass is soluble sodium silicate and should be obtained as pure as possible. This should be used with pure cold boiled water in the proportion of one part water glass to nine parts of water. Should eggs tend to float and it is known that they are absolutely fresh, add a little cold boiled water to the solution. Water glass may be purchased at drug stores and is preferable to lime water. Three gallons of either will preserve about 20 dozen eggs. A gallon of the pure water glass diluted as above will preserve about 90 dozen.

Any glass, wooden or earthenware receptacle may be used, but not metal. Pack eggs small end down and pour liquid over them and keep two inches of preservative above eggs at all times. Cover receptacle with waxed paper or paraffin cloth. Wash eggs in cold water after taking them out for use.

Send for the drying and canning manuals for complete instructions on food conservation by the best methods.

Dorothy Dexter.

SALTED PICKLED BEETS.

(In Brine.)

Water-tight kegs or crocks may be used to hold pickled beets. Wash thoroughly and steam the kegs or crocks.

Do not use yellow or pitch-pine containers.

Remove the tops and scrub the beets thoroughly. Pack the whole beets into the receptacle until it is full. Pour over enough weak brine to cover the beets. Cover with a cheesecloth and a clean board cover. Place upon the board cover a clean stone weight sufficiently heavy to hold the beets beneath surface of the brine. Leave in a warm room until fermentation is completed and no bubbles rise to the surface when the receptacle is tapped gently.

Skim off any scum formed during fermentation. Store receptacle in a cool place. Cover the top of the brine with hot paraffin to form an airtight surface. If the paraffin becomes broken, remove, remelt and replace.

To make weak brine: One-half pint vinegar, three-fourths cup of salt, one gallon water. Stir until salt is entirely dissolved.

DON'T MISS ANY STEP.

Cut this out now and save it. Watch for more directions.

NO FRILLS FOR CONSCRIPT KITS

The War Department Specifies Equipment for Each Man

WON'T NEED A TRUNK FOR IT

And Even a Handbag Will Be Dispensed With

Washington, Aug. 22.—Loving mothers, doting sweethearts and kind friends must not load drafted men up with a lot of clothes and comforts when they start to camp on Sept. 5, Provost Marshal General Crowder ruled yesterday.

The 206,100 boys entraining for cantonments on that date will be allowed to take very little. Trunks are absolutely barred. Suitcases and handbags will be frowned upon.

The war department prefers that each man bring only necessary toilet articles and one change of linen and underclothing, done up in a neat small bundle.

This is because strict attention will be given the military appearance of the boys from the moment they report at headquarters of their local board.

The department wishes it understood, however, that it is as necessary that the boys bring the articles mentioned as it is that they bring nothing more.

Members of each man's local board will inspect his kit just before he entrains, rejecting everything that has no place therein and returning the surplus articles to his relatives.

"These men," said a draft official here yesterday, "are not going on a vacation trip. They are going to study the business of war. They will be supplied with all necessary clothing and equipment when they get to camp."

According to the regulations all any man can take is a tooth brush, a piece of soap, collapsible drinking cup, a towel, a few handkerchiefs, an extra shirt and collar, a suit of underwear and a pair of socks.

TANKS OUTMATCH GERMAN FORTS

Iron Monsters Trap and Terrorize Teutons, Who Surrender to British in Groups.

London, Aug. 22.—Perry Robinson, telegraphing the good work of the tanks—now that the ground is drying—in the British advance north of St. Julien, in which the monsters took strong points, often concrete redoubts and fortresses with walls eight feet thick and upward, says:

"Yesterday's operation was practically a trial of strength between our movable landships and the stationary concrete forts of the enemy. The latter were hopelessly outmatched. The attack was largely a surprise. Before the Germans realized it each fort had a tank or two squatting on its doorstep. In several cases the mere sight of the monsters was enough. The garrisons surrendered."

"In some instances they tried to get out the back door of the fort and run. And it was then that our machine gunners had their chance. But invariably this was when the tank called at the front door. The presence of another tank at the rear was sufficient cause for surrender without demand."

"One tank got into trouble 200 yards short of its objective, so it transformed itself into a stationary fort and opened fire with all its guns. The Germans came pouring out and tried to run, but our infantry coming up dealt with them. Then the crew of the tank got out with their machine guns and fared forth on new conquests."

"Another tank arrived behind a fort and pawed at the back door. Two shots were enough. The garrison came streaming out, hands up."

"Two other 'iron beasts' went to indicated strong positions, but found the forts deserted. Our men saw Germans running in the far distance from positions beyond our objective, fleeing when no man pursued."

"Our infantry had an easy job. Their chief business was to take over batches of prisoners surrendering to the tanks. In several forts the tank crews found the Germans about to begin breakfast. Our men sat down and ate the meals gratefully."

"This affair of yesterday was the first in which tanks immediately played the chief part in the victory, the infantry taking an altogether secondary part. At a trifling expense they won ground which might have been costly to take by direct infantry assault."

RUSSIA COLD TO PEACE OFFER.

Ambassador at Washington Indicates Probable Refusal of Pope's Plan.

Washington, Aug. 21.—That Russia will reject the peace offer of Pope Benedict was forecasted yesterday in a statement by Boris Bakmeteff, the Russian ambassador, which is supposed to have been issued by direction of the provisional government at Petrograd, although there is no official acknowledgment to that effect, the statement of the ambassador follows:

"The answer to the pope's peace proposals has not yet been formulated by the Russian government, but there is a feeling in Russia that these proposals have been made with some inspiration from the central powers. It is considered in Russia that the very bases of the vatican's proposals are inconsistent with the democratic aims of the Russian people in this war and are not acceptable from that point of view."

THE STATE'S WORK FOR FIRST MONTH

Summary of Reports of State Departments for Month of July Made to Board of Control Under New Law.

The law passed by the legislature of 1917 which created the board of control provided that the various state departments shall make monthly reports to the board showing work done and expenses incurred. It also provided that these reports should be delivered to the legislative reference librarian who should make a condensed statement thereof for the newspapers of the state. Pursuant to those provisions this statement is issued.

During the month of July orders were drawn by the auditor of accounts to the amount of \$302,951.25. With the bank commissioner the auditor made the annual examination of the state treasurer's books and the annual statement of finance as shown thereby has just been printed by the treasurer. On July 31, 1917 cash on hand in the treasury amounted to \$560,920.91.

Under the direction of the state treasurer as commissioner of weights and measures there were made by the inspectors of the department 3234 inspections of weights and measures in 45 different towns.

Secretary of State.
The secretary of state issued during the month of July, 22 licenses for the sale of oleomargarine and 21 new corporations were authorized to do business in the state during the month. The department sent out 5365 packages of publicity matter and there were issued two new books, "The Lure of Vermont's Silent Places" and "The Lakes of Vermont," copies of which may be obtained by addressing the secretary of state. In the automobile department of the office there were 1126 cars registered and 2502 operators' and 552 chauffeurs' licenses granted, and 14 licenses were suspended. The fees received for registrations and licenses totalled, \$28,545.05.

Board of Health.
An epidemic of infantile paralysis has largely held the attention of the health department during the month. There was issued on July 17th an order forbidding the holding of all fairs, chautauquas, circuses, etc., which has been the cause of considerable correspondence with and inquiries made of the board. A temporary injunction issued by a federal court against the board of health restraining them from enforcing this order was vacated after hearing at St. Johnsbury on July 30th. In connection with the epidemic in Washington County there was held a meeting attended by thirty-six health officers, July 5th. There were 26 cases of infantile paralysis during the month. Under the direction of the state board of health nurses employed in the after-care of infantile paralysis have made 154 visits since May 23rd.

During the month there have been reported 739 cases of communicable diseases, the most numerous being measles, 327 cases; whooping cough, 103 cases; German measles, 69 cases; scarlet fever, 59 cases; and a lesser number of cases of small-pox, chicken-pox, mumps, typhoid fever, diphtheria, pneumonia, pellagra, erysipelas, syphilis, gonorrhea, tuberculosis.

Moving picture exhibits and lectures in connection with the educational work of tuberculosis have been held in 12 places during the month. Visits by the sanitary inspector have been made to 9 towns.

The laboratory of hygiene made 1039 examinations during the month of which 679 were to determine the existence of disease, the rest being examinations of water, milk, food, drugs and other miscellaneous examinations.

Attorney General.

Aside from the regular routine work of his department the attorney general has spent considerable time in the investigation of the Bradshaw murder case at St. Johnsbury and in the preparation for and the holding of hearings relating to the order of the state board of health relating to the holding chautauquas.

Commissioner of Agriculture.

During the month of July the marketing agent of the department has visited 15 creameries with an expert accountant of the federal bureau of marketing, interesting creamery men in the installation of a system of accounts devised by the federal bureau.

Thirteen creameries will adopt this system. The marketing agent has also made investigations relating to the methods of disposing of wool by a pooling method and of methods for the sale of dairy products. The dairy

manufacturing expert of the department has visited nineteen creameries, giving instruction in methods of manufacturing of dairy products. The work of the creamery inspectors has been re-organized, the state being divided into four districts, with an inspector assigned to each district. Regulations covering sanitary requirements for creameries and farms have been drawn up and 46 plants and 254 farms inspected during the month.

A co-operative agreement with the federal department of agriculture has been entered into by which an expert veterinarian to do testing work for bovine tuberculosis will be furnished free of charge by the federal department provided that in addition to this the state furnishes one veterinarian; both veterinarians will be under the supervision of the federal government so far as the method of testing is concerned and under the Vermont department so far as they are agents in carrying out the state laws.

As chief forester the commissioner of agriculture has appointed Wilmot G. Hastings, a graduate of Clark University and of the University of Michigan, School of Forestry. Mr. Hastings has had practical experience in lumbering and saw mill work with the Laurentide Paper and Pulp Company and since 1910 has been with the United States forest service, at the time of his appointment holding the position of supervisor of the Deschutes National Forest. Since April first there have been shipped from the Burlington nursery 74,650 trees and from the Sharon nursery, 248,000 trees. A plan has been outlined for combating the white pine blister rust under the terms of the act of 1917.

This plan is based upon the recommendations made at a conference held in Amherst, Massachusetts, of officials of New England States and New York engaged in the work of insect suppression.

Department of Education.

The preparation and issuing of teachers' certificates and the compilation of the annual educational statistics from the reports sent in by the various town clerks has largely occupied the attention of the office force. Work has been done in the preparation of bulletins on the teaching of spelling

Don't fuss with hubby about droppin' tobacco ashes on the carpet. Them ashes keep the moths out an' the hubby in.

Velvet Joe

YOU-ALL who know pipe tobacco, won't fail to notice VELVET'S natural aged-in-the-wood smoothness.

It is the smoothness that only comes from two years' ageing in wooden hogsheads:—Nature's Way.

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and English. The commissioner has held conferences with about forty local boards of school directors, though a number of other educational meetings were postponed on account of infantile paralysis. The work of taking an inventory of the property of the state at the agricultural schools at Lyndonville and Randolph Center, which schools, under the act of 1917, were placed under the direction of the board of education, has progressed satisfactorily. Plans are well under way for the construction of a new dormitory at Randolph Center.

State Institutions.
Three hundred acres are now under cultivation at the various state institutions, this being more than ever before, and the condition of the crops at all institutions is excellent. There is being constructed at the school for feeble-minded at Brandon a sewer system, the labor being performed by inmates from the house of correction. Plans are under way for the construction of a large dining hall and dormitories at the industrial school at Vergennes. During July there were 35 commitments to Vergennes and 35 discharges, 30 of these being paroles. There were 24 patients admitted to the state hospital at Waterbury during the month making a total of 733 patients in the institution on July 31st.

Commissioner of Taxes.
In addition to the routine work of issuance of licenses, registration of partnerships and collection of taxes, the tax department has during the month issued a bulletin showing all partnerships registered under the provisions of law. This volume contains the names of all partnerships registered and the members thereof and copies may be obtained by addressing the commissioner of taxes at Northfield. There has also been prepared and forwarded to all interested persons a bulletin showing the names of wholesale liquor dealers licensed to do business, their agents, local licensees throughout the state, licensees appointed by the governor, and a list of liquors that have been analyzed by the state laboratory, the sale of which has been authorized by fourth class licenses. There has also been prepared and distributed a corporation bulletin. The abstract of the grand list of the state is now being prepared by the department.

Commissioner of Industries.
There were reported to the commissioner of industries during the month 576 accidents of which 3 were fatal. Compensation has been allowed to employees for injuries in 82 cases and final settlement of compensation between employer and employee have been approved in 71 cases. The commissioner has held during the month 29 hearings on various matters. The department has nearly completed a state-wide survey of the industries of the state which will show the number of all employees, the number of males, of females, and of minors. Certificates for use in the administration of the child

labor law are being prepared in co-operation with the United States department of labor.

Board of Charities and Probation.
The work of the board of charities and probation has been in process of organization during the month, a beginning having been made in the child welfare work authorized by the act of 1917. Poorhouses have been inspected in six towns and recommendations relating to the care of inmates therein made.

Insurance Commissioner.
The insurance department has completed and issued during the month the annual report for the year, 1916. There is also being prepared a directory of insurance companies and agents in the state. The commissioner has adjusted with the insurance companies losses on four small fires which occurred at the institutions at Brandon, Vergennes, and Lyndonville for \$2786.29. Numerous licenses have been issued to insurance brokers and agents during the month.

GRANITEVILLE.

Special notice to the members of Maple Leaf camp, No. 8293, M. W. of A., to appear at the next meeting, Thursday, Aug. 23, in Miles' hall. Business of special importance concerning every member. By order of trustees, Walter Belville, F. F. Pirio, W. W. Belville.

Baby Eight Months Old Had Itching Rash Since Birth on His Face, Neck and Back. Two Cakes Cuticura Soap and One Box Ointment Healed

Above are extracts from a signed statement recently received from Mrs. George Woodbury, 4 French Street, Lynn, Mass.

Cuticura Soap, to cleanse, purify and beautify, Cuticura Ointment to soften, soothe and heal, have been most successful in the severest forms of skin and scalp troubles, but greater still is what they have done in preserving clear skins, clean scalps and good hair as well as in preventing little skin troubles becoming great ones. Cheap soaps, harsh soaps, coarse, strongly medicated soaps are responsible for half the skin troubles in the world. Stop the use of all soiled purposes.

For Trial Free by Return Mail address post-card: "Cuticura, Dept. R, Boston." Sold throughout the world.

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THE ORIGINAL
MALTED MILK
Rich milk, malted grain, in powder form. For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged. More nutritious than tea, coffee, etc. Instantly prepared. Requires no cooking. Substitutes Cost YOU Same Price

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